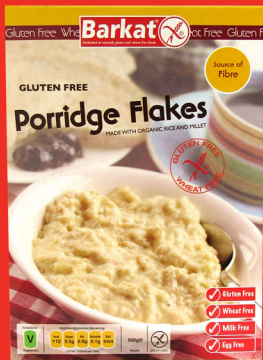


# Flapjack



## Ingredients

227g/8oz	<b>BARKAT Porridge Flakes</b>
170g/6oz	<b>Butter / Margarine</b>
85g/3oz	<b>Demerara sugar</b>
85g/3oz	<b>Golden syrup</b>

## Method

- 1.Put flakes and Demerara sugar into mixing bowl.
- 2.Melt butter and syrup together.
- 3.Mix into flakes and sugar.
- 4.Put mixture into a well greased tray.
- 5.Press mixture down until smooth.
- 6.Bake at Gas mark 4 or 175C or 350C for 20 minutes or until golden brown.
- 7.Allow to cool and then cut into fingers or squares.



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